

5 things we learnt at London Boat Show



Tamara Ecclestone and stuntman Jack Moule wow crowds at the opening of the London Boat Show

Fury over plans to rent out park land

Simon.Hayes
@wharf.co.uk

Tower Hamlets Mayor Lutfur Rahman is to allow commercial events in three Isle of Dogs parks sparking fears residents will find their access restricted.

Millwall Park, Sir John McDougal Gardens and Island Gardens are among a number of parks in the borough to be hired out, raising up to £200,000 a year for the council.

The plan is due to be approved under executive powers by the Mayor and his Cabinet this evening

(Thursday), despite councillors rejecting the idea in September last year.

Residents oppose the plans and are demanding more consultation.

Millwall Park and Island Gardens User Group chairwoman Lorraine Cavanagh cited the council's firework display in Millwall Park on November 5 as an example of the problems the plans could cause.

She said: "The fireworks caused all kinds of damage and disruption.

"It was a 20 minute display but it took three days to set up and three days to take down afterwards.

Continued on Page 10



Inside



WIN

A meal a month worth **£50** brought straight to your door **P37**



WIN cinema tickets and DVD bundle to mark release of Shame **P34**



Birth pains

Drama recreates life in the East End slums **P3**



WEATHER

12C	TODAY Showers
7C	FRIDAY Partly cloudy
6C	SATURDAY Mostly sunny
6C	SUNDAY Partly cloudy
5C	MONDAY Mostly cloudy



TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.
ROADS
Blackwall Tunnel shut southbound on Sundays from 1am to 8am.

Don't even
THINK of going
home until
4.30pm
when you can
check our
daily travel
update

INSIDE

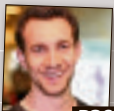
NEWS
Pages 1-10

WHAT'S ON
Pages 12/33,34

PROPERTY
Pages 13-32

FEATURES
Pages 35-41

SPORT
Pages 43-44



P36



P44

CONTACT US

The Wharf
Trinity Mirror
21st Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

EDITOR Giles Broadbent
email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
fax 020 7293 2264

ESTABLISHED 1998

Agenda

Watch out, snot zombie is on the prowl

I can tell it's January without looking at my calendar. Not because everyone's wittering on about their New Year's Resolutions while still eating/drinking/smoking what they say they've quit.

Not because it's apocalyptically dark outside and the heating's finally come on. Not because the shops are screaming about their *amazing* sales when all that's left are size 22 neon leggings. No, I can tell it's January because I have a cold. The whole month is disappearing under a mountain of used tissues.

Are 24-hour bugs an urban myth created and circulated by those who

BLONDE'S EYE VIEW



ANGELA
CLARKE

require a duvet day? Because I swear I've never had any kind of illness that saw me recover in one day. My colds linger like a crazed stalker. They follow me around for months and slowly but surely ruin my life. I start thinking I'm really sick, like biblically sick: I'm suffering an attack by demons, I'm possessed by flu, I suspect it might be bubonic plague. My only hope is antibiotics washed down by holy water.

My husband's trying to be helpful, but there's only so much hot Ribena one man can make. I took a few days sick leave, but then my boss' patience ran out. So despite being

haunted with the ghost of Spanish Flu, I dragged myself into the office. I am that woman who coughs over everyone on the Tube.

I crack open Lemsip capsules and snort the powder just to get through the day. I'm a snot zombie. My computer needs window wipers from where I keep sneezing on the screen.

Does my concerned boss tell me to go home to bed? No, the heartless sod tells me to stop moaning. I've changed my will to specify he be tagged in a photo of my tombstone on Facebook. I shall borrow from Spike Milligan and my epitaph will read: I told you I was ill.

Reuters' view



A Sadhu, or Hindu ascetic, smokes a bidi, a local cigarette hand-rolled with leaf tobacco, inside a makeshift shelter on the banks of the river Ganges in Kolkata

A week
in photos
Page 40

60 Second Wharf

All ship-shape

The luxury yacht market is staying afloat despite a battering from the markets, say boat sellers.

News / Page 4-5

Botham in the slips

Sir Ian slipped into Canary Wharf to unveil his latest charity walk to help leukaemia sufferers.

News / Page 6

Never out of fashion

In times of austerity, women are dispensing with ephemeral fashions and going for the classics.

News / Page 7

A scientific approach

Tech City chiefs have welcomed a Government push to make science in the UK the best in the world.

News / Page 10

Olympic goldrush

The Prime Minister, speaking in Stratford, said the Olympic Games could earn the country £1billion.

News / Page 10

Eyes on the horizon

Ben Ainslie says his focus is on the Olympics – but he has the America's Cup in his long-term sights.

Sport / Page 44



P7

What our writers are talking about



■ A knight is handed a Wii controller to thwart an armoured Mii.

Giles Broadbent

■ My brain has been drop-kicked over a Scooby Doo-themed bouncy castle.

Tabitha Ronson

■ We are managing to offset the worst of the cuts, while not passing on costs to residents.

Mayor Lutfur Rahman

■ By cutting down on our excesses we'll help ourselves and those around us.

Andrew Williams

Comment / Page 35



EAST LONDON CHAMBER
COMMERCE AND INDUSTRY

WANT TO DO SOME SERIOUS NETWORKING ? JOIN DOCKLANDS BUSINESS CLUB FOR:

- Regular free networking events
- Top flight speakers
- Member to member on line marketing
- Low membership rates for local businesses
- Annual business awards
- Free legal advice

Plus many more events and management support services

FIND OUT MORE:
www.docklandsbusiness.org.uk
Phone: 0207 203 1965
Email: dbc@londonchamber.co.uk

DOCKLANDS BUSINESS CLUB
25 YEARS WORKING FOR
LOCAL BUSINESS

O Spa seals a deal to move out of Wharf mall

Louisa Emery
@wharf.co.uk

BEAUTY store O Spa has left premises in Cabot Place with plans to re-open elsewhere in the area next month.

The spa, which offers a range of treatments and products, launched in Canary Wharf in December 2009 as part of a large expansion plan.

O Spa spokesman David Roberts said: "It was a prime site but there is another spa opening in Canary Wharf. There is a retailer going into the site and it was mutually agreed with the landlord that O Spa left."

"The new location will be nearby. It is a larger premises with more treatment rooms and relaxation space."



A notice on the window of O Spa announcing the closure

The facility has come under fire on a number of online review sites and forums for its practices in particular the quality of customer service.

Consumer travel site TripAdvisor has also published complaints, most anonymously, about O Spa with 146 out of 160 customers rating it "terrible".

David Roberts from O Spa said he was unable to comment on particular complaints. He said he considered the criticism "false" and said the company was taking legal action against some sites. He said there had initially been some booking issues but these had been resolved.

A Canary Wharf Group spokesman declined to comment on the spa's exit but said it would be speaking to a possible new tenant to fill the unit although had no-one confirmed yet. O Spa has branches in High Street Kensington and the City.



Sister Julienne (Jenny Agutter), Jenny Lee (Jessica Raine) and Sister Evangelina (Pam Ferris) in *Call The Midwife*

How to give birth in East End slums

TELEVISION

Author's stories of East End trials are brought to screen

Giles Broadbent
@wharf.co.uk

The East End at the height of its post-war powers, with working ships unloaded by dockers living in crowded cottages neighbouring recognisable squat warehouses is brought vividly to life this weekend.

Poplar, at the heart of the thriving docks of the '50s, is the setting for *Call The Midwife*, a new Sunday night

drama on the BBC which calls on the memoirs of Jennifer Worth.

Mrs Worth sold a million copies of her stories of the tough conditions in the East End before legalised abortion and contraception. She died last summer shortly before filming began.

The drama has a star-studded cast as newly-qualified midwife Jenny (Jessica Raine) becomes attached to the Sisters of St Raymond Nonnatus. Jenny Agutter, Pam Ferris and Miranda Hart line-up beside the newcomer.

Executive producer Pippa Harris said: "I loved the fact that Jennifer's writing gives you an insight into a recent, yet long vanished world."

"Although she was only writing about the late '50s, this post-war period in the East End was extremely tough."

"Surrounded by bomb damage, and

sometimes living in slum conditions, women gave birth to baby after baby often with no running water, clean bed linen or pain relief."

"Yet despite the hardship, Jennifer's books are filled with warmth and humour and show the powerful bonds of family and community that held people together."

Pam Ferris said: "One of the statistics which just blew my mind away was that in this area of Poplar, there were between 150 and 200 births every month. After the pill, that dropped to four or five."

Jennifer, a mother of two, eventually became a staff nurse at the Royal London Hospital, Whitechapel and then a ward sister in Euston and Hampstead.

Call The Midwife starts on Sunday, BBC1, 8pm.

Olympics Third of businesses still not prepared

ALMOST a third of British firms have not made basic preparations for this summer's Olympic Games, according to a new study.

Non-attendance of staff is one issue highlighted in the survey by BT of senior managers in 1,200 companies. Almost all respondents said higher hotel costs, supply chain disruption and staffing and productivity issues, threatened hopes of a business boost.

But almost half expect to increase sales or win new international business.



Places

Borough unveils new royal crest

THE crest for the Royal Borough of Greenwich has been revealed.

The new design has been created ahead of Greenwich officially becoming a Royal Borough on February 3.

The rose and anchor allude to Greenwich's maritime history and royal connections. Stars represent astronomy and an hour glass Greenwich's role in world timekeeping.

Supporters depict Jupiter and Neptune, the gods of the sky and sea.

Full story at wharf.co.uk

Transport

Airport tells flyers of 'Great' country

CITY Airport is to be the first gateway to support a recently launched Government tourism campaign called "Great".

The initial aim is to highlight the UK's attractions to visitors through posters and information pods in the terminal.



Greenwich Yacht Club

Welcomes new members

GYC is truly London's yacht club, (one stop on the tube from Canary Wharf). We are an active and friendly club. We have moorings, boat storage, dinghy racing, cruiser racing and a fantastic clubhouse.

Come and visit us.

Our next navigation class: RYA Dayskipper

Starts: Tuesday January 17th Cost: £315

Visit our website for more details about the club and our courses, or catch us at the boat show North Hall Stand C128

www.greenwichyachtclub.co.uk

Are you being held back in life by the way you think?

Registered NLP Trainer & Success Coach Jillian Haslam will teach you proven NLP techniques that'll change all that... NLP training will help you kick negative thinking to the curb and get where you want to in your career and your personal life.

Many highly successful people have used NLP techniques to achieve stunning financial, career and personal success including top sportsmen, entertainers and business people.

And you can learn their secrets, by signing up for NLP-expert Jillian Haslam's Foundation NLP Course a two-day introduction to the science of NLP that'll show how to:

- Master your thoughts patterns, learn the art of sales & body language, learn how to model excellence, how to cultivate beliefs of excellence and how to lead with NLP
- Communicate far more effectively and get people to do what you want
- Beat negativity, fear and anxiety, and deal confidently with criticism and stress
- Dramatically improve your performance at work and make MUCH, MUCH more money

Starts: 20th January to 21st January, 10am-5pm

To live the life you want to live, visit www.jillianhaslam.com/foundation-nlpcourse and book your seat now. Email info@helpyourselfassociates.com or call 020 7193 224 or 0208 166 8752 today.

You can also visit www.helpyourselfassociates.com to listen to live media interviews, and to see for yourself the media interest generated and how these courses can truly transform your life too!!

What we learnt while messing about in boats

There was plenty to float the boats of sailing enthusiasts at Excel when the Tullet Prebon Boat Show opened its doors last week.

This year's event was opened by heiress and TV presenter Tamara Ecclestone last Friday morning, with the show featuring more than 500 exhibitors and 1,000 boats.

Business was brisk on the luxury yacht stands, while there was also a lot of interest in the second-hand market. It seems demand for British-built craft is buoyant, with the weak pound attracting overseas buyers in their droves.

Champagne was being quaffed in quantities well

before the sun was over the yardarm, but it was not all about the lifestyles of the rich and famous.

Top sailing stars, including Olympic champions Ben Ainslie and Ian Percy, dropped into the show to share their knowledge, while British National Jetski champion Jack Moule gave impressive demonstrations of his skills in the dock. The latest gadgets were available to be inspected, with some looking as though they'd be more at home in a James Bond film, while landlubbers could learn some practical skills such as rope-making courtesy of the Historic Dockyard Chatham.

Simon Hayes

Go to londonboatshow.com.



1

There's still life in the luxury yacht market

THERE is plenty of bling afloat thanks to the unveiling of some spectacular luxury yachts on display.

Sunseeker launched two new models, the Predator 53 and the 28m Yacht, worth a cool £5.5million. Both are beautifully appointed inside and out. Not to be outdone Princess launched its V57 and V39 yachts, although again they'd only appeal to the very well-heeled.

The second-hand market was well represented at the used boat marina, as well as online brokerage Yachtworld.com. Its prices range from £5,000-£20million and there's plenty of interests across the board according to site employee Colin Merrett.

He said: "The recession hasn't touched the market at all. It's stayed buoyant for the last three years. We're seeing a lot of Russians buying at the moment, as well as people from northern Europe where sailing is a traditional pastime.

"There is a lot of quality available but our advice is always to check what you buy.

"What might seem like a bargain probably won't turn out to be and you'll spend a lot more money."



W

What's the state of luxury sales?

"The recession hasn't touched the market at all. It's stayed buoyant for the last three years."

Salesman Colin Merrett

2

You don't just have to watch it on the telly

SPLASHING out on a luxury yacht or even just having your own dinghy might be beyond most means but that doesn't mean there isn't the opportunity to take up sailing.

Greenwich Yacht Club, based on the Greenwich Peninsula, is looking to boost membership, currently around the 500 mark. The club's Nick Fossey expects interest to boom after the Olympic Games.

He said: "The Games will be a great boost to the sport and as London's only sailing club we're perfectly placed for that. We'd love to have more people from Canary Wharf join and we have plenty of racing all-year-round for those people looking for a competitive edge.

"But it's also a great opportunity for young people to give sailing a go. We're looking to increase the opportunities we can offer them to get out on the water. Sailing is a lot of fun and where better to do it than in Greenwich?"

Go to greenwichyachtclub.co.uk.



ELEPHANT ROYALE
Royal Thai Cuisine

SUNDAY BUFFET (NOON - 4PM) £16.50
 3 COURSE SET LUNCH £11.50
 1 COURSE EXPRESS LUNCH £7.50

OPENING TIMES:-
 MON - THURS: NOON - 3PM and 5.30PM - 10.30PM
 FRI: NOON - 3PM and 5.30PM - 12PM
 SATURDAY: NOON - 12PM SUNDAY: NOON - 10.00PM

RIVERFRONT VIEWS OPEN KITCHEN
 LIVE MUSIC (WED - SAT) POLYNESIAN COCKTAIL BAR
 AL FRESCO DINING PRIVATE CAR PARK

020 7987 7999
 WWW.ELEPHANTROYALE.COM
 Locke's Wharf, Westferry Rd,
 E14 3WA
 DLR - ISLAND GARDENS
 Also at Gants Hill - Tel: 020 8550 8886

GETTY

3

There's a touch of Bond about gadgets



The Seabob is a cross between a body board and jet ski

THE anti-gravity treadmill from Alter G is claimed to be the world's most exclusive running machine. Designed by Nasa as part of its astronaut fitness programme, it is now used by Premier League football clubs and elite athletes to aid recovery from injury.

The technology enables the user to control the pressure inside a specially designed airtight enclosure, reducing body weight by up to 80 per cent, meaning less impact on joints and injured limbs. Prices start at £29,000.

The Seabob is a cross between a jet-ski and a bodyboard.

The battery-powered machines look more suited to a James Bond scene, but are popular as playthings to those luxury yacht owners who use them to dive to depths of 40m or skim across the waves at up to 22kph.

And another fun item is the Circraft, a round boat steered by body movement.

The £5,000 craft can reach speeds of up to 40mph.

Go to circraft.com, alter-g.com or rochemarine.co.uk.



The Circraft costs £5,000

LOUISA EMERY



The anti-gravity treadmill was designed by Nasa

4

Britain makes boats – some out of wood

IF keeping up with the Abramovich's isn't your thing there's always the option of a more traditional yacht.

Northshore Yachts launched its new Southerly 420 at the show and, with prices starting at £430,000, the beautifully-finished boats are more affordable than some of the motor versions on show.

But you might have to wait to get your hands on a custom-built boat.

Northshore's Claire Horsman said: "We build about 50 boats a year, and 60 per cent of those are for export, finished to the client's specification.

Business is very good at the moment, because our boats are designed for easy sailing.

"The British boat-building industry is doing well. We're based in Chichester and employ 150 people so it's a success story for this country."

Meanwhile, as part of the cultural Olympiad, the Boat Project plans to put a second-hand vessel with a difference on the water.

Hand-made from more than 1,200 pieces of wood donated by members of the public – and including part of a Jimi Hendrix guitar and a chunk of HMS Victory – the boat will be launched in May.

It will then be sailed from Weymouth to London in August to coincide with the 2012 Games, mainly crewed by novices, including Steve Ashmore from Hastings.



The Boat Projects reclaimed wood

He said: "It's fantastic to have this opportunity to sail such a unique boat. It looks fantastic but it's also a special way of commemorating an important year."

Go to northshore.co.uk and theboatproject.com.

5

Jet ski rider Jack Moule is only 17

JACK Moule, who wowed boat show visitors with a display of backflips and barrel rolls, is, at only 17, a professional stunt and show rider.

He began to freestyle on the jetski six years ago and became the youngest British national freestyle champion aged 14. He has won every competition he's entered.

He says it's a dream come true. "Most of my friends are going to college and doing normal jobs like plumbing."



HENRY'S
CAFE BAR

**NEWLY OPENED BAR IN
WEST INDIA QUAY**

**2 COURSE MEAL £9.95
MON-FRI 12PM-5PM**

**TASTECARD ACCEPTED
(PHONE AHEAD FOR AVAILABILITY)**

**HAPPY HOUR ON BEER
WINE AND COCKTAILS
EVERYDAY FROM 5-7PM**

**FREE EVENT SERVICE
SPECIAL DISCOUNTS
ON PRE-ORDERED
FOOD AND DRINK**

**HENRY'S CANARY WHARF
E14 4AX
0207-5158361
CANARYWHARFEVENTS
@TCG-UK.COM**

**'Like' OUR FACEBOOK PAGE
WRITE YOUR EMAIL ADDRESS
ON OUR WALL TO RECEIVE OUR
PRIVILEGE CARD. ENTITLES YOU TO 20%
OFF FOOD AND DRINKS ALL DAY EVERYDAY**

**£5 OFF FOOD AND DRINK NAME: _____
WITH THIS VOUCHER* EMAIL: _____**

*ONE VOUCHER PER PERSON PER TRANSACTION



If your job is under threat do not compromise on legal advice

We are a widely recognised boutique law firm specialising in high value litigation and transactional services to trading clients, principally in commodity and capital markets.

In parallel with our core practice, our employment team focuses on the City and acts for a variety of employer and employee clients.

Based in St Katherine's Dock close to Tower Bridge, we are conveniently located to offer a face to face service to clients in the City, Wapping and Canary Wharf. We are happy to meet after close of business by appointment.

Our expertise includes:

- negotiated severances and compromise agreements
- bonus and commission claims
- unfair and wrongful dismissal
- redundancy
- all aspects of discrimination law
- bullying and harassment
- restrictive covenants, confidential information and team moves
- contracts of employment, service and consultancy agreements

Our fees are highly competitive and in suitable cases we offer no win no fee and fixed cost arrangements. For more information please contact David Brown: dcb@arbisllp.com / 020 7553 8000

News

River

More moorings to meet 2012 demand

THERE will be 35 new small craft moorings laid on the Thames over the next few weeks to meet expected demand during the Olympic Games.

The Port of London Authority will lay mooring buoys on the north side of Gallions Reach, in Blackwall Reach, below South Dock Marina in Limehouse Reach and at Thamesmead.

Olympics

Rush for tickets sees web collapse

A RUSH of sports fans clamouring for Olympic tickets caused the official resale website to crash on Friday.

The London Organising Committee announced it had suspended the site to "update and refresh" the system at 2pm.

Transport

Biggs wants views on bus changes

EAST London bus users are being asked their views on Transport for London's proposals for services during the Olympic Games.

London Assembly member for City and East John Biggs is collecting information from the public regarding the disruption this summer.

Email john.biggs@london.gov.uk.



Ian Botham launches his latest charity walk at Canary Wharf ice rink with leukaemia patients, from left, Charlotte Parr, Oisín Coll, Bradley Smith, Harry Crocker and George Jackson

Beefy slips into Wharf to promote latest walk

SIR Ian Botham has launched his latest charity walk in Canary Wharf.

The former England captain was at Canary Wharf ice rink last Thursday evening to promote his Beefy's Walks for leukaemia and lymphoma research which will take place in April.

He was joined by his wife Lady Kathy, as well as eight leukaemia patients including Charlotte Parr, Oisín Coll, Bradley Smith, Harry Crocker and George Jackson.

They are among 10 ambassadors

who will be representing the towns Sir Ian will be walking through.

He said: "We have 10 ambassadors, one from each town we walk through, but two of them were too ill to make it. We've raised about £15million."

"When we started the first walk in 1986, there was a 20 per cent chance of kids surviving leukaemia. We announced last October it was 92 per cent."

Go to leukaemialymphoma.research.org.uk

Borough has worst child poverty level

TOWER Hamlets has been named as the local authority worst hit by child poverty in the UK.

Despite including the riches of Canary Wharf within its borough, it surpassed Manchester Central and Belfast West to top spot in the study by the charity End Child Poverty.

The report found 52 per cent of children in the borough were living in deprived conditions compared to an average of one in five across the country.

52
Per cent of children living in poverty in borough

Tower Hamlets' Parliamentary constituencies of Bethnal Green and Bow and Poplar and Limehouse came first and third respectively in the findings.

Campaign executive director Alison Garnham said: "Child poverty costs us billions picking up the pieces of damaged lives and unrealised potential, so it's a false economy if we don't prioritise looking after children today. Targeting cuts on families will prove both an economic and a social disaster."

Newham came joint seventh with 37 per cent of children living in poverty.

Children were classed in the bracket if their families' income fell below 60 per cent of the median average income.

EXCHANGE TOWER



INTRODUCING THE NEW LOOK

EXCHANGE TOWER

GRADE A OFFICE SPACE WITH FLEXIBLE FLOOR PLATES
AVAILABLE IN UNITS FROM 1,000 TO 30,400 SQ FT

WWW.EXCHANGE-TOWER.CO.UK

CBRE
020 7182 2000
www.cbre.co.uk

Cherryman
0207 40 400 40
www.cherryman.co.uk

MGPA

Women opting to invest in classic fashions

Tough times call for considered choices, says designer Amy

Louisa Emery
@wharf.co.uk

Wise women turning their backs on frivolous spending in favour of investing in fashion have helped Canary Wharf bespoke suit makers Exora ride out the recession, according to designer Amy Tibbs.

The female focused tailoring company has recently relocated from Canada Square premises to 25 Canada Place and Amy, 24, said she had set up in the right place.

She said: "I moved to London in 2010 and we located in Canary Wharf because we saw it as the highest concentration of potential customers. There are 30,000 women working in this area and women in powerful positions need to look professional.

"We have been lucky not to notice the recession because people will always want timeless clothing. Rather than accumulating lots of cheap stuff they don't need they have been buying one better quality item with longevity."

Amy saw a gap in the market for affordable high-end tailoring specifically for women while at university in Hull and, along with business partner Kumes Balakrishnan, travelled to Malaysia for research.

The measuring, designing and fitting takes place in Canary Wharf but the suits are put together overseas and are ready for collection in two to three weeks from the first appointment.

Amy and her team have also found other ways to



Designer Amy Tibbs and one of her outfits, below

keep their prices competitive.

She said: "By sourcing discount fabric from high end suppliers we can offer a cheaper price. Women are smaller so we can use pieces that might not be suitable for men's tailoring such as off-cuts for skirts. This gives us an edge."

"We have over 2,000 fabrics and you can specify anything down to the finest detail - I will then come up with a design."

Amy said tailoring was particularly important for women because an ill-fitting suit could so easily look frumpy. Unlike men, who may wear one suit for five years, she has found women take more notice of fashion.

She said: "Fitted dresses are popular but some

W Why choose the Wharf?

"There are 30,000 women in this area and women in powerful positions need to look professional."

women just want a jacket they can wear with jeans at the weekend. Some women wear a full suit but often it's just a blouse with a fitted skirt or trousers. Professional wear has become more flexible.

"A good fitted jacket can be timeless and women are more likely to want something individual - they don't want to look like clones, just appear stylish and confident."

From the Exora clearance range, prices are from £250 for a fitted jacket, trousers and skirt. Full price suits start at £350.

Go to exora.co.uk.

A&O's departure costs £25m

ALLEN & Overy's decision to leave Canary Wharf has cost the law firm almost £25million.

A&O moved out of the 40 Bank Street premises in August 2010 to centralise operations at its One Bishop's Square

headquarters. The firm's LLP accounts revealed the decision to move mid-way through a lease cost it an estimated £24.6million. The sum could vary if A&O sublet the space, but has been written off.

A&O kept one floor of the building for client meetings, but is still trying to sublet the other three floors. It could cost a further £3.4million if the space remains vacant for another year.

January Sale NOW ON!



100% no scrum
(we'll give you an assigned seat wherever you fly)

Fly from £30.99 one way

London Gatwick to:

fares from

Aberdeen	£32.99
Belfast City	£32.99
Guernsey	£30.99
Inverness	£32.99
Isle of Man	£32.99
Jersey	£32.99
Newquay	£32.99
Nantes	£40.99
Newcastle	£32.99

Plus now connect from London to...

Benbecula
Kirkwall

Stornoway
Sumburgh

**500 cars for £1
with Avis car hire**

flybe.com

Keeping London on the move

Fares are one way including taxes and charges, only available online, subject to availability. 21 day advance purchase required. Available for travel on or before 27.10.12. Not all routes operate throughout the entire travel period. Headline fare doesn't apply to all routes, see website for details. Connecting destinations are correct at time of going to print. Highlands and Islands destinations operated by Loganair. See website for details of car hire offer. Card charges may apply. Book by 18.01.12.



NEW Domino's Pizza store in Wapping is NOW OPEN

and we're looking for (full or part time) MOPED DRIVERS with a positive attitude and a willingness to succeed. Have you got a full or CBT licence? We're now recruiting trained Motorcycle and Moped Drivers. Don't worry as delivery experience isn't necessary and we'll provide you with a full induction and training programme.

Simply contact Kirat on 07738 964 220 or E-mail kirat@themsggroup.com.

Cityjet to build links to Scotland

Rob Virtue
@wharf.co.uk

1 CITYJET is to ramp up its services from London City Airport to Scotland.

The move will see the Air France-KLM-owned airline battle British Airways for passengers to the region. It comes after Cityjet announced it was opening a base in Edinburgh and was in the process of increasing frequency from Scotland to the Docklands airport.

Cityjet's chief executive Christine Ourmieres told *The Scotsman* newspaper: "The new base shows our commitment for the future – it is the next step of our development in Scotland. We will try our best against BA and are confident of winning market share."

"We are working with airport authorities and finalising our plans, which include improving the frequency of flights."

The airline currently runs three flights a day from Edinburgh to London City compared to British Airways six.

A route to Aberdeen from London City, as well as increased frequency to Dundee, is also in the offing for Cityjet.

Environment Families flee as storms hit flats

2 STORMS forced families to flee their homes in the early hours of last Thursday morning when part of a block of flats in Greenwich collapsed.

Firefighters were called to the building on Bellot Street at 1.22am following reports the roof was in a precarious position.

Eight people were evacuated from the top floor when the gable end wall fell into the garden, pictured. The building was made safe.

The London Fire Brigade dealt with more than 12 weather related incidents across the capital on Thursday including a fallen lamp post in Poplar.

Court Lorry driver jailed for child porn find

3 A LORRY driver arrested in the Blackwall Tunnel was jailed for 20 weeks for possessing indecent images of children.

Adrian Vasile Coros, 39, was sentenced at Woolwich Crown Court on December 21 after pleading guilty.

The Romanian national was stopped in the tunnel on October 12 because his HGV contravened the height limit.

Police found a laptop displaying a pornographic image involving an underage girl. A further search uncovered DVDs containing more illegal images.

Coros was placed on the Sex Offenders Register for seven years.



Venues

Painted Hall plays host to Skyfall coffins

4 FILM location favourite The Old Royal Naval College has scored another role, this time supporting

007. Scenes from the latest James Bond movie *Skyfall* were being filmed on Friday in the Painted Hall.

Twitter users reported seeing Dame Judi Dench, pictured, who returns in her role as Bond's boss

M and union flag draped coffins in hearses on site.

Skyfall, starring Daniel Craig as Bond, is reported to be in cinemas in October.

Other scenes were shot in the swimming pool of the Four Seasons in Canary Wharf.

Greenwich continues to be a top choice for movie makers, featuring in films currently at the cinema, *The Iron Lady* and *Sherlock Holmes*.

Court Councillor fined for benefit fraud

5 A TOWER Hamlets Councillor claimed more than £1,000 of housing benefits for a second home she did not live in.

Independent councillor for Spitalfields and Banglatown Shelina Akhtar, 33, pleaded guilty to three counts of dishonest claims for the Blackwall Way property in Poplar between November 2009 and September 2010.

During the hearing at Snaresbrook Crown Court she admitted receiving £1,085 in housing benefit and £29 in council benefit during the period in which the property was sub-let.

She is due to be sentenced on February 6

Olympics Germans to set up at Wharf museum

6 THE German Olympic Committee is to give a funding boost to the Museum Of London Docklands as part of the agreement to let it use the venue during the Games.

Galleries of the West India Quay museum, which will be completely closed for the duration of the event, will be upgraded with help from the cash injection.

The financial backing will also allow for water and electricity to be connected in parts of the venue currently without.

The German team is hiring out the museum as a base for its media and operational staff.



197 East Ferry Road, London E14 3BA
www.canarywharfcollege.co.uk
020 7515 2328

**College Administrator/PA
Circa £25,000 per annum**

For an Application Pack please contact the Principal, Mrs Sarah Counter
recruit@canarywharfcollege.co.uk

Canary Wharf College is a pioneering Free School with a Christian ethos set in a challenging urban context in the heart of London's Docklands. The Board of Governors wishes to appoint a flexible and highly motivated College Administrator/PA to be responsible for the day-to-day administration and accountable to the Principal. Previous experience in a college environment is desirable but not essential.

The successful candidate will have:

- Excellent communication skills; with a high standard of both written and spoken English
- Highly developed interpersonal skills to liaise effectively with the wider school community
- Excellent organisation skills with the ability to grow these as the college develops over the next few years
- The ability to multitask and work flexibly on a number of projects
- A high standard of computer literacy

**Closing date: 12 noon Thursday 19th January 2012
Interviews 23rd January 2012**

The school is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment.

Canary Wharf
Putney
City
Harley Street
Knightsbridge
Bristol

cosmedicsuk
skin clinics

Offering you the
best of today's
cosmetic skin
treatments

Wrinkle-smoothing injections from	£220
Restylane/Juvederm fillers from	£250
Excessive sweating treatments from	£450
Mole/skin tag/wart removal from	£140

Your first non-surgical consultation FREE

020 7386 0464
www.cosmedics.co.uk

All treatments administered by experienced doctors using the latest techniques
Choose from a convenient appointment time - including Saturdays, lunchtimes and evenings

£30
off your first treatment!
Quote LON11 when booking

WEST HAM UNITED SUPPORTING ITS COMMUNITY TO MAKE GREAT FAMILY FOOTBALL MORE ACCESSIBLE AND AFFORDABLE TO ALL

£10 OFF MATCH TICKET

A WEST HAM UNITED FOR THE WHARF READERS



Come and see the attractive, attacking football as West Ham United push for promotion and aim to make it 3 sell-out crowds in a row!

Exclusive The Wharf offer for next home fixture v Nottingham Forest

Adults ~~£32~~ from only **£22**
Kids ~~£15~~ from only **£9**

WHUFC.COM

Like us on Facebook
West Ham United FC Official

WEST HAM UNITED V NOTTINGHAM FOREST

SATURDAY 21 JANUARY 2012 3PM

Call our dedicated phone line **0871 222 2700** and select **Option 3** (only) or come in person to the **Stadium ticket office**, to the left of the main entrance at the **Boleyn Ground**, Green Street, E13 9AZ

HOSPITALITY From just £59+vat

Be treated like a VIP when you join us for a unique, first-class hospitality experience at any game this season. Package includes • VIP seating • Access to exclusive bar and lounge • Delicious meal • Half time refreshments • Pre-match entertainment • Quiz • Complimentary matchday programme and much more

Call Fiona Grey to book now on **0871 221 2700**, visit: www.hospitality.whufc.com or email direct: corporatesales@westhamunited.co.uk and quote code: **WHARFPROMO** Check whufc.com for fixtures.

*PRICES AND FIXTURES SUBJECT TO CHANGE. CHECK WHUFC.COM FOR DETAILS. *£10 off with this advert cannot be used in conjunction with any other offer and can only be obtained by applying in person at the ticket office or through the dedicated phoneline 0871 222 2700 and selecting option 3. Offer is only valid for West Ham United v Nottingham Forest on Saturday 21 January 2012 3pm.

Tech City will capitalise on science push

ANALYSIS

Willetts' pledge may answer concerns over skills shortage

Rob.Virtue
@wharf.co.uk

Although Tech City is flourishing in east London, the team behind Britain's answer to Silicon Valley has often highlighted the dangers of a skills gap.

So Minister for Universities and Science David Willetts' pledge to make the UK the best place to carry out Stem (Science, technology, engineering and maths) has been warmly received.

The Government is inviting proposals for a new type of privately-funded university and Tech City's chief executive Eric Van Der Kleij said it was a much-needed boost.

Eric said: "What's really encouraging about the minister's speech is it addresses the need to accelerate the natural strengths the UK academic sector has but also to tie them more to the needs of the business world."

"We believe there are two areas that need modification: at school and then, once that happens, in further education."

"What the Minister is saying is terrific because it sends a clear message to academia to adapt its curriculum to a more fixed purpose."

Queen Mary, University of London, based in Mile End Road, has already



David Willetts

built up links with the Tech City project. Jeremy Kilburn, the vice principal and executive dean of science and engineering at Queen Mary's, said: "It's welcome that Mr Willetts is acknowledging university Stem subjects in helping the country out of economic crisis."

"He says a lot of things we agree with. But there are particular aspects that need a lot more explanation – the idea of creating a new university

while investing no public money, for example."

The professor added there was also a fear such a new university would simply "dilute the market".

The Tech City chief, however, was more optimistic about the university idea, saying it would "open the market to competition".

He cited General Assembly as an example of what was possible.

The New York company, which markets itself as a hot-desk area and

Clegg pushes £1bn contract

DEPUTY Prime Minister Nick Clegg was at Westfield Stratford City on Thursday to urge businesses to back the Government's £1billion Youth Contract scheme.

Mr Clegg met leaders from Britain's four biggest employers as well as representatives from Marks and Spencer, John Lewis, BT and Asda at the Skills Centre Place.

He said helping young people get lasting jobs was his priority.

He said: "The Youth Contract will make sure every unemployed young person starts earning or learning again before long term damage is done. But government can't do this alone, we need businesses to play their part too."

Louisa Emery



Deputy Prime Minister Nick Clegg at The Skills Place in Newham

free university for technology start-ups, is set to arrive in Clerkenwell in the spring.

It will offer free courses such as iPhone app development and search engine optimisation because schools are "not teaching students to thrive in the 21st century workforce" according to GA's co-founder Adam Pritzer.

It's an initiative part paid for by companies using the workspace and also sponsored by the New York-based firm.

Reema BALTI HOUSE

50% DISCOUNT
OFF FOOD BILL
OR
B-Y-O DRINK
WITH THIS VOUCHER

Name:

Email:

Lunch Menu

Starters

- Chicken Tikka
- Lamb Tikka
- Onion Bhajee
- Vegetable Samosa

- Pilau Rice
- Steamed Rice
- Nan Bread

Or just: Chicken Biryani,
Lamb Biryani, Vegetable
Biryani

Main Course

- Korma
- Bhuna
- Madras
- Jalfrezi
- Dansak
- Sag (spinach)
- Balti
- Rogan Josh
- Kashmir
- Tikka Massala

All available in
Chicken, Meat, Prawn
and Vegetable

ALL THIS FOR
£5.00
12am to 2.30pm

We would like a minimum of
10 people per order. Orders must be placed
2 hours in advance.

48 Hanbury Street,
London E1 5JL
0207 655 4544

www.ReemaBaltiHouse.co.uk
K4u53r@hotmail.com

Site operators unveiled

Simon.Hayes
@wharf.co.uk

THE Olympic Park Legacy Company has named the operators for three landmarks on the London 2012 site as the countdown to the Games passed the 200 days to go mark this week.

Greenwich Leisure Limited (GLL) will operate the Aquatics Centre and multi-use arena, while Balfour Beatty WorkPlace will run the ArcelorMittal Orbit and manage the Queen Elizabeth Olympic Park.

The OPLC said GLL expected 800,000 people a year would use the Aquatics Centre, while the multi-use arena will be London's third largest events site.

OPLC chairwoman Margaret Ford said: "GLL and Balfour Beatty WorkPlace will play a key part in the creating a Queen Elizabeth Olympic



Prime minister David Cameron at the Stratford Cabinet meeting

Park that is a thriving visitor destination with world class sporting venues."

With the main structures on the Park completed the Olympic Delivery Authority (ODA) will officially hand the site over to Locog to transform it in preparation for the Games.

Locog also released details of

Games-time naming for selected venues and spectator areas. They include Riverbank Arena (hockey centre), Copper Box (handball arena) and Stratford Walk (formerly aquatics centre bridge), which will take spectators from Stratford City towards the Olympic Stadium.

Monday's announcements coincided with the Olympic Park playing host to a Cabinet meeting. David Cameron used the first meeting of 2012 to discuss ways of ensuring the Olympics brings lasting benefits to the UK.

Mr Cameron said: "We are working hard to make sure the country can seize this once in a generation opportunity."

"We expect these events to generate at least £1billion for British businesses and they are vital to our efforts to secure a long-term return to sustainable growth."

Park put out of use by event

From Page One

"There were lorries all over the grass, churning it up, so not only were we not able to use parts of the park for almost a week it was a real mess when we could access those areas again."

"If that's an example of how they will run things, what can we expect when the park is used for commercial purposes? Who cleans up? Who supervises? How long will park users be denied access?"

"This is all profit-led and doesn't take the community into account."

Millwall Rugby Club spokesman Andrew Hessleden said: "The club is not against commercial events but we do feel they should not infringe on the enjoyment of clubs and sports associations."

"We would expect the council would only ever hire out the parks for events that do not prevent things such as sports fixtures or recreation."

Millwall councillor David Snowden said: "This will not be the end of it. It's disgraceful the mayor is riding roughshod over the feelings of local people. It's wrong that he's using his powers in this way."

"The full council has been clear that the parks should be used by local people. The mayor should think again."

The council said parks would remain accessible for community use, with 10 per cent of income used for park improvements.

arts & events
CANARY WHARF

JANUARY 2012 PROGRAMME OF EVENTS

CANARY WHARF ICE RINK

UNTIL SUNDAY 19 FEBRUARY / MON-SAT 9.45AM-11PM / SUN 9.45AM-7.30PM / CANADA SQUARE PARK

LONDON ICE SCULPTING FESTIVAL

FRIDAY 13 - SATURDAY 14 JANUARY / THROUGHOUT CANARY WHARF / FREE

COMING SOON:

CANARY WHARF COMEDY CLUB

MONDAY 13 FEBRUARY / 7.15PM (DOORS 6.30PM) / EAST WINTERGARDEN / £12

VINTAGE NIGHTS

A CELEBRATION OF ALL THINGS RETRO TUESDAY 14 - FRIDAY 17 FEBRUARY / EAST WINTERGARDEN

VALENTINE'S TEA DANCE TUESDAY 14 FEBRUARY / 6PM / £12

SING-A-LONG-A GREASE WEDNESDAY 15 FEBRUARY / 7PM / £15

SWING DANCE THURSDAY 16 FEBRUARY / 6PM / £12

VINTAGE MOBILE CINEMA FRIDAY 17 FEBRUARY / 4PM / FREE

SILENT DISCO FRIDAY 17 FEBRUARY / 8PM / £10

Combined Swing Dance and Tea Dance ticket for £20

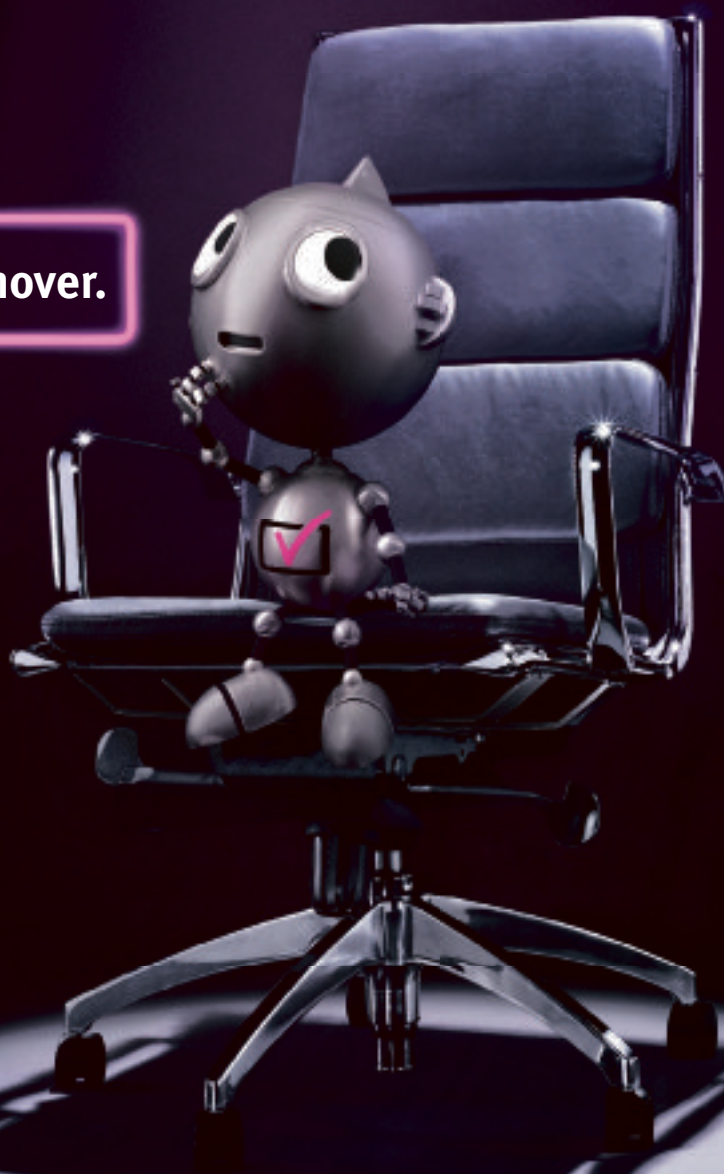
FOR TICKETS & MORE INFORMATION VISIT CANARYWHARF.COM

twitter YOURCANARYWHARF

All details correct at time of press.

Where do you find out how to record one programme and watch another after switchover?

In your guide to switchover.



Your guide to switchover will tell you all you need to know. Look out for it in the post.

get set for digital 

What's on

GIG

Victoria Newton

Boisdale Canary Wharf



Australian songstress Victoria Newton brings the sounds of Brazil to Boisdale's stage tonight.

A seasoned performer in jazz and latin styles, often collaborating with top British musicians, she has a great love of Brazilian music, which has seen her sing while cruising up the Amazon.

She was also the voice behind dance tune and global hit *U Sure Do* by Strike in 1994.

After many years playing in the UK, she returned to her home country in 2008 but is a regular visitor to these shores.

She was last at the Cabot Place music venue and restaurant in the summer.

■ Jan 5, 9pm, £5-15, boisdale.co.uk.

STAGE

The Trial

The Space



Stephen Berkoff's stage adaptation of Franz Kafka's unfinished novel *The Trial* begins a three night run at The Space.

Joseph K is a bank clerk arrested on his 30th birthday for a crime the nature of which neither he nor the audience are privy to. He is not even told who has accused him.

His seemingly fruitless search for answers provides the pivotal point of the play as he attempts to return to normality and get to the bottom of the mystery.

The Space's own theatre company Workspace Productions brings the dark comedy, first published in 1925, to the stage.

■ Jan 19-21, 8pm, £10 (£6), space.org.uk.

I took my ex-wife to Dignitas

INTERVIEW

Chris Lerner tells **Louisa Emery** what assisted suicide means to him

I am still technically under threat of arrest for taking Allyson and it doesn't help to have that hanging over you when you dealing with a situation like this," said actor Chris Lerner who accompanied his ex-wife to Switzerland after she decided to end her life.

Best known as Clingfilm in '90s TV drama *London's Burning*, Lerner is appearing at the Southbank Centre in a play he wrote about a subject that's much closer to home.

Part of a four-day festival on the taboo topic of mortality, *An Instinct For Kindness* explores arguably the most controversial subject up for scrutiny – assisted suicide.

Lerner wrote the play about his experience taking Allyson Lee, the mother of his oldest son, to Dignitas in November 2010. She suffered from multiple sclerosis and was given a barbiturate to end her life.

Finding humour, hate and pity

STAGE

Twelfth Night

Greenwich Theatre

A production of *Twelfth Night* that promises loyalty to the text by channelling the spirit of Oliver Reed?

That's what The Movement aim to deliver on the Greenwich stage by dodging the pitfalls of lazy staging and clumsy interpretation.

This group of Cambridge graduates, united in their passion for performing authentic Shakespeare, turned professional to shake up the way the Bard's works are presented.

Director Rory Attwood said: "We

got together as a group of friends who share some ideas, contentions and beliefs about theatre.

"We are all into classical verse drama – Shakespeare and Marlowe in particular – and believe the way the former is done these days tends to be formulaic. With *Twelfth Night*, productions rely heavily on slapstick and mugging at the audience. Dirty jokes are accompanied by crotch grabbing.

"There are some excellent performances but some invite the audience to laugh with the actors, sneering at the play itself."

Attwood went back to basics and looked at the characters again in a effort to go beyond the superficial humour he believes contemporary



The Movement aim to take *Twelfth Night* av

Canary Coaching

Have the holiday excesses made you think about your drinking?

Do you wonder if it's too much or too often? Is it starting to cause problems at home or at work?

For a thorough confidential assessment and effective, professional help go to:

www.canarycoaching.com – appointments in Canary Wharf



Make getting fit a priority for the whole of 2012

Living / P37

Accident Compensation

- Road Accidents • Work Accidents
- Medical Negligence • Other Accidents
- ISO 9001 International Award for Quality Service

No Win No Fee
Find out in minutes if you have a claim

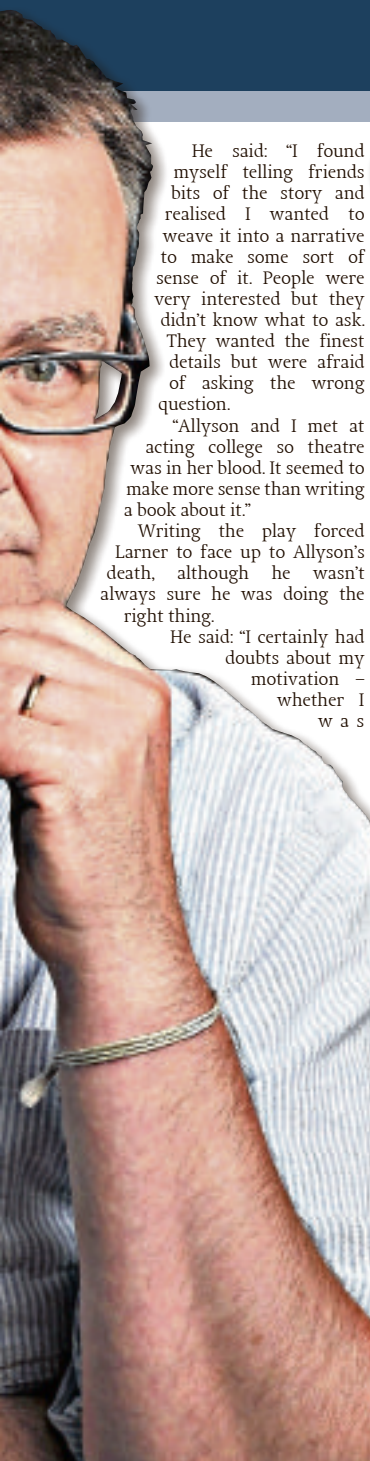
Rapid
SOLICITORS

Call: 0845 225 1467

www.rapidresponsesolicitors.co.uk

Free home visits • Lines open 24/7 • Consulting offices throughout the region

Rapid Response Solicitors, the safe home for your claim. Regulated by The Solicitors Regulation Authority (Reg. No. 00512434)



He said: "I found myself telling friends bits of the story and realised I wanted to weave it into a narrative to make some sort of sense of it. People were very interested but they didn't know what to ask. They wanted the finest details but were afraid of asking the wrong question."

"Allyson and I met at acting college so theatre was in her blood. It seemed to make more sense than writing a book about it."

Writing the play forced Larner to face up to Allyson's death, although he wasn't always sure he was doing the right thing.

He said: "I certainly had doubts about my motivation – whether I was

W Should assisted suicide be legal?

"There needs to be regulation but I feel the law should be changed because it is a mess."

Chris Larner

trying to get glory from a very personal story – but an artist makes something beautiful about whatever life throws at them.

"I wasn't sure it wasn't tasteless but I did the first performance at the college where Allyson taught drama to an audience of students and her ex-colleagues. They said it was exactly what she would have wanted and I should go shout it from the rooftops."

The play, which is set for a nationwide tour, debuted at the Edinburgh Fringe this summer and won The Scotsman Fringe First Award.

Larner said: "Allyson and I met 26 years ago and I picked out the bits that make our story clear. It wouldn't have felt right to have someone on stage playing us so it's just me telling it."

"She asked me to help her four years ago and at the time it was a long way off. It just seemed like a practical matter so I said yes."

"It was sort of an honour to be asked. She was so certain in her mind. She wasn't asking my advice or for permission."

Last week a report part-funded by author and Alzheimer's sufferer Sir Terry Pratchett calling for the legalisation of assisted suicide was published. Larner hasn't had time to read it yet but said he backed the cause.

He said: "I'm glad the report has come out and the debate is being kept alive. One of the things about being English is we tend not to discuss things like this."

Anything that gets people talking is good – we will have a post-show discussion at the Southbank Centre. There needs to be regulation but I feel the law should be changed because it is a muddy mess."

■ *An Instinct For Kindness*, Southbank Centre, Jan 27-29, various times, £10, southbankcentre.co.uk.

Writing from the '50s is still relevant today



Cast members in a scene from *Count Oederland* at the Arcola

STAGE Count Oederland

Arcola Theatre

It might date from 1951 but this story of a Swiss bank clerk committing murder and sparking an underground uprising is still relevant.

Count Oederland, by Swiss playwright Max Frisch, has been described as *American Psycho* meets *V For Vendetta*. Last summer's riots, the ongoing protests at St Paul's Cathedral and continuing economic uncertainty lend a contemporary edge to the work.

Director Chris Loscher said: "The play doesn't feel dated at all. It was written in the '50s but it could just as easily have been written today. It deals with the idea of a violent movement but without necessarily having any political aims – something that's felt deeply but can't be expressed in words."

"In the last year in Britain, and in lots of other places, we've seen similar things happen, prompted by the state of the economy so *Count Oederland* is still relevant. It's about the balance between freedom and responsibility."

The plot revolves around a

private act of revolt that becomes an underground movement. The public prosecutor assigned to the case finds he understands the murderer better than himself. Thousands join in and "take to the axe" as the authorities struggle to understand and contain the violence.

The play attracted controversy at the time it was written – banned in sensitive post-war Germany – and didn't have its UK premiere until last year after Loscher discovered the text in the British Library.

That Cerberus Theatre Company production is now at Hackney's Arcola Theatre.

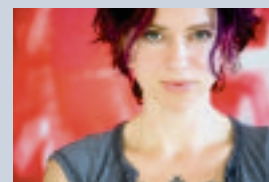
Loscher said: "It's a modern classic so it was nice to have discovered it. It's a great ride, very witty, funny and smart. It's fast-paced and funny in places you don't expect."

"We have a semi-modern setting, but it's not firmly placed in any time. I wanted to allow people to draw their own conclusions from seeing the play. Everyone comes out with a slightly different experience because it's full of ideas."

■ Until Jan 21, various times, £18 (£12), arcolatheatre.com.

Simon Hayes

REVIEW



GIG

Ani Difrancio

Union Chapel

Grammy-winning folk singer Ani Difrancio quickly declared herself at home on stage at Islington's Union Chapel and pledged her continuing support for London's Occupy movement.

Her lengthy 20-song acoustic set was dominated by material from forthcoming album *Which Side Are You On?* a record that, like her older work, retains her penchant for the political and the personal. But she still found time to deliver an emotional poem penned in a hotel room just before the concert on "her day off".

She was most engaging when demonstrating her unmistakable staccato guitar playing and clever wordplay – expertly executed in angsty classics *Swandive* and encore *Gravel* – which drew most appreciation from the crowd.

An impromptu sing-along to finale 32 *Flavors* suggested the audience wanted more. But despite a second standing ovation, classic songs were in short supply. *Which Side Are You On?* is released on Jan 17, priced £8.90.

Reef Malak

Full review at wharf.co.uk

Our verdict

Solid stuff but short on classics

★★★★☆

Read on »

We take a look at Spielberg's version of *War Horse*

Review / Page 34



in a back-to-basics Bard



productions often rely on. What he found were recognisable characters the audience could find funny, hateful and ultimately pitiful.

He said: "Malvolio is routinely done as an elderly, doddery, somewhat priggish man and I was interested in how likely this was. He believes Olivia is willing to marry him and she is quite young so could he be younger too?"

"I came to the conclusion he is a worse character than he is normally shown. He's a bully, a deeply unpleasant character and we have taken him in a direction he has never been before."

"Another example is Belch. The text strongly suggests he is someone with a drink problem. I have had the actor

playing him looking at old videos of Oliver Reed.

"He would turn up drunk for interviews. It was funny but also deeply sad. You can laugh at Belch but the question is whether you should also have compassion."

To assist a modern audience, Attwood picked a mid-Victorian setting.

He said: "The play is very focused on the meaning of dress. We needed the costumes to show a recognisable hierarchy. With renaissance costumes there are silks and rags and not much in between."

■ Jan 17-21, various times, £15 (£10), greenwichtheatre.org.uk.

Louisa Emery

Carrot Cars



0207 005 0557



Accepted in every car!

bookings@carrotcars.co.uk

Book online: www.carrotcars.co.uk

Cheap, clean, reliable minicabs

What's On

DVD



Melancholia
(15) 136mins
★★★★☆

Controversial director Lars von Trier splattered his visceral vision of depression and destruction all over the screen in his graphic movie *Anti-Christ*.

Here, he has cheered up not one jot and takes another tilt at converting us all to his cult of gloom-mongery.

Melancholia is a lot more approachable though and handed Kirsten Dunst a role that added depth and range to her formerly playful CV.

She plays Justine who is marrying Michael (Alexander Skarsgard) in the sumptuous home of her sister (Charlotte Gainsbourg) and brother-in-law (Kiefer Sutherland).

Amid the usual fractious bickering of such occasions, there is sense of impending doom. Overhead the planet *Melancholia* is heading towards Earth threatening destruction that is already being wrought, psychologically, at the nuptials.



WIN DVD bundle

★ Fancy a free trip to the cinema? Cineworld West India Quay has teamed up with *The Wharf* to offer a pair of tickets and a Momentum DVD bundle to the winner of our *Shame* competition.

To be in with a chance of winning, just answer this question: Sex addict Brandon is played by:

- Tom Cruise
- Michael Douglas
- Michael Fassbender

Email your answer to newsdesk@wharf.co.uk with Cineworld in the subject line. The closing date for entries is January 20.

Include your name and full postal address and the tickets will be posted to you.



Master craftsman turns on the style and the taps

SCREEN

War Horse

(12A) 146mins

Thundering, unbridled, across the screen, reins and restraint tossed aside, a formidable consortium of talents charges headlong into the challenge of converting this picaresque animal classic into a galloping movie.

Consider these people and their rich heritage of sentimentality: director Steven Spielberg, co-writer Richard Curtis, Disney studio execs.

Throw them in a room with a tear-jerker such as Michael Morpurgo's 1982 horse-buster and you can grow mushrooms in the resulting damp and dark of a cinema floor.

There is also remarkable cinematographer Janusz Kaminiski who plucks the early scenes from *Cranford* and the war scenes from Spielberg's own formidable back catalogue and washes the whole thing with a Disneyfied light, making every scene as lush and hyper-real as a Carravaggio.

This, then, is the film that comes from craftsmen at the top of their game, a rich confection of home-spun hokum and world-gone-awry madness.

Scenes stand out. The naïve cavalry charge of the British, swords raised, against the machine guns of the Bosch. The shivering terror of Tommies waiting for the whistle, no-man's land, and certain death. The timpani of hooves, the timpani of the guns, the honeyed sunsets of pastoral Devon. Everything is alive and vivid.

At the centre is Joey, a free-spirited thoroughbred who goes from home farm to home front, passed from hand



Jeremy Irvine as Albert Narracott, the teenager who tamed Joey

to hand, linked by some spiritual bond to his first owner, the simple Albert Narracott (Jeremy Irvine) who tames the rebel and vows to find him when debts and drink force his family to sign him up to the Army, a route that Albert pledges to follow when he turns 19.

There are flaws in the film. Joey is one minute a canny, all-knowing horse-human, up with the plot and predicting developments (Lassie with a saddle). The next, he is a dumb victim of man's folly and random cruelty.

He is passed from custodian to custodian like the Curse of the Black Spot, apparently bringing woe to everyone he encounters so, aside from Albert, we never know anyone fully or for long.

And despite the blood and cavalry

charges and gruelling ransack of the Somme, this is still a children's book and "good people" in the Dickensian high-twee style, appear with perverse regularity.

But that's Spielberg. Unashamed and playing with a straight bat. He is everywhere – from the focus on story, to the beautifully mounted setpieces, to the arch manipulation.

Swift and sure, *War Horse* captures the brilliant emotional simplicity of *ET* but with the added lacquer of 30 years of life.

Giles Broadbent

Our verdict

Spielberg's splendid movie is his most emotional since *ET*

★★★★☆

STAGE

Our New Girl

Bush Theatre



Hazel's plastic surgeon husband Richard has embarked on his latest charitable quest in Haiti leaving his heavily-pregnant wife with a failing business and a problem son. With the arrival of a professional nanny, Hazel's world becomes more complicated.

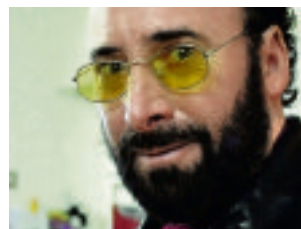
The Bush is presenting the world premiere of Nancy Harris's "wicked, witty and startling" new work with a cast that includes Mark Bazeley (Richard) and Kate Fleetwood (Hazel).

■ Opens Jan 17, bushtheatre.co.uk.

STAGE

Travelling Light

National Theatre



Antony Sher makes the first of two stops at the National Theatre a new play by Nicholas Wright and directed by Nicholas Hytner.

Travelling Light is a tribute to the Eastern European immigrants who became major players in Hollywood's golden age. Sher will play Jacob, an ebullient timber-merchant whose encouragement of a young man's enthusiasm for cinematography leads to success far beyond their remote Eastern European village.

■ From Jan 18, nationaltheatre.org.uk.

SCREEN



Shame
(18) 101mins
★★★★☆

■ Steve McQueen has drawn magnificent performances from Michael Fassbender and Carey Mulligan as damaged siblings who deal with hurt in their own individual ways.

The focus is on Fassbender's sly and predatory sex addict Brandon who prowls Manhattan looking for conquests, shiny and successful on the surface but jaded and degraded beneath.

Crisis comes for Brandon with the arrival of his younger sister Sissy (Mulligan), an aspiring jazz singer. Her self-harming and destructive behaviour forces Brandon to confront his own way of life.

McQueen – who co-wrote the script alongside Abi Morgan – films the story like a horror movie and creates a film that is startling and compelling.



The Darkest Hour
(12A) 89mins
★★★★☆

■ Special effects maestro Timur Bekmambetov sets to work with a palette of invisible aliens and a backdrop of Moscow in this fast-paced sci-fi thriller.

Five young people are enjoying the capital's nightlife when the lights go out and an alien attack leaves thousands dead and injured.

The invaders are after energy, sucking power from major cities around the world. It's up to the resourceful survivors to find a way to save humanity.



Margin Call
(12A) 89mins
★★★★☆

■ A superb ensemble cast including Kevin Spacey, Demi Moore, Paul Bettany and Jeremy Irons spark and blaze in this study of greed and mumbo-jumbo that has a feel of David Mamet in its talky vibrance. "Be first, be smarter or cheat" is the explicit message.

Comment

“The entertainer was as jazzed up as the kids
Working Mum

GREEN LIVING

By Andrew Williams

Good habits to lift gloom of January

There are statistics available telling us which is the unhappiest day of the year. There is some loose psychology behind this, and a lot of disagreement on the precise date, but in 2012 the dubious honour falls to this Sunday.

The theory is that a perfect storm of cold weather, post-Christmas debt, and failed resolutions conspire to make us miserable.

I don't put too much faith in this, but if you do feel in need of a pick-me-up there are plenty of great ways to beat the blues without spending too much.

After a long Christmas filled with food, drink and endless chocolates, just getting out and moving could be a good start.

Every year many of us will pay an eye-watering amount to join gyms which we visit, at best infrequently. The cheaper alternative is to walk more, eat less and cut out the obvious villains in our lifestyles.



Walking can make a difference

By getting off the bus a stop early you can keep yourself in better shape. If we were in Milton Keynes we might have an excuse not to walk more, but here in the Wharf we're surrounded by great architecture, breathtaking nature and the might of the Thames.

What we eat has a huge impact on our health and by choosing our food more carefully we can avoid waste without expanding our waists.

Air emissions play a big part in the sustainable debate, but not inflicting our fumes on others is a good start for the smokers among us.

By cutting down or out we'll help ourselves and those around us. As the sadness passes let's look forward to a better 2012.



Do you or your company have an environmentally friendly product or service you'd like featured in the column? Let us know by contacting Seventeen, a sustainable alternative for your event management needs, at andrew@seventeenevents.co.uk

Budgeting to protect the vulnerable

Local authorities up and down the country are feeling the pinch even more this year as the effects of government spending cuts make themselves felt.

My priority as mayor is to provide the maximum amount of support and protection for the most vulnerable in our community at a time of austerity. At the same time, we will always strive to deliver value for money.

Our budget this year sets us apart from many other inner city boroughs. Where they are cutting services, we are doing our best to maintain them.

This year, we will continue to

POLITICS NOTES&VIEWS

Lutfur Rahman



protect frontline services. We won't be closing any libraries or leisure centres. Nor will we be making any charges for home help care making us the only local authority to be able to make this proud claim. Yet we will also manage to freeze council tax for the third year in a row.

So, we are managing to offset the worst of the cuts, while not passing on costs to residents who can least afford to make them.

We pride ourselves on paying our staff the "London Living Wage" while our trail-blazing Mayor's Education Allowance will enable many of those students who have lost out due to the Government's abolition of the Education Maintenance Allowance.

This is a record of which I believe we can be proud.

It is, in so many ways, testament to the hard work of so many of our staff and councillors

SPIRAL NOTEBOOK

Shape of things to come

Why the Mayans were the smarter bunch

The most famous of Arthur C. Clarke's Three Laws of Prediction is the last one: "Any sufficiently advanced technology is indistinguishable from magic."

Most often the law makes for good entertainment. A knight is handed a Wii controller to thwart an armoured Mii or a Chaucerian peasant prods perplexed at a plasma screen to reach a frothing brew.

The amusement that follows is used to show that, gosh, aren't we just the cleverest.

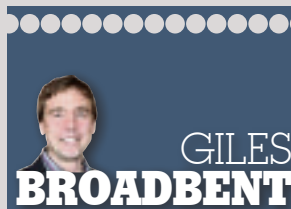
Of course, we are the self-same clots that will be similarly humiliated by the inheritors of our legacy but that fits in less comfortably with our smug narrative.

The Mayans - who will be all over your internet for the next 12 months - were such an advanced civilisation that they developed a written language, figured out zero and studied the stars with such insight that they calculated a length for a year (365.24 days) that we still use today.

Such was the accuracy of their calculations that they could "predict" the celestial cycles right up to, well, at least 2012. The momentous planetary alignment



People study the Mayan pyramid El Castillo (The Castle)



that occurs on December 21 was foreseen 5,000 years ago.

Because many wrongly assume that history is synonymous with stupidity, the inference is that they must have been (a) aided by aliens or (b) divine. The misused logic follows that December 21, 2012, is therefore a Big Day - end of the

world, second coming, new age of enlightenment etc.

Perhaps Clarke needs an update: Any ahead-of-its-time technology is indistinguishable from magic (for those who run star-speckled websites with yellow type).

A family Christmas entailed not only a visit to *Alvin And The Chipmunks 3: Chipwrecked* at the cinema but, afterwards, the original *Alvin And The Chipmunks* on DVD (many times, often consecutively).

Now, despite myself, I'm curious about No.2 - the *Squeakquel*. Where did the Chipettes come from? What was the genesis of Simon's existential crisis? How did evil Ian fall so low? Aaargh.

Listmania Stage-to-screen successes

As *War Horse* hits the screens, while still playing in the West End, we pick out some other cross-over successes

1

Cloner

Patrick Marber's searing play about relationships saw a career-changing performance from Clive Owen in the film version starring Natalie Portman and Julia Roberts

2

Hamlet

Shakespeare is a winner-takes-all playwright so let's just pick one - Laurence Olivier's 1948 version of the deadly Dane.

3

Glengarry Glen Ross

David Mamet is another writer with a great cross-over rate. This tale of down-on-their-luck salesmen is a classic on stage and screen.

4

Amadeus

Peter Shaffer's study of genius and jealousy is fleshed-out on screen to provide a full portrait of Salieri and Mozart.

5

Deep Blue Sea

Only last year, this Terence Rattigan adaptation saw Rachel Weisz on top form in a tale of repressed and doomed desire.



Join in the debate online via our Twitter and Facebook sites



WORKING MUM

By Tabitha Ronson

Weekend of partying takes inevitable toll

I'm still recovering from the weekend. My head is a mish-mash of mush. Not a great position to be in when required to be leading on my department's year-start strategic agenda.

Back in the day this would have been the result of some foxy 48-hour partying at any number of on-trend clubs such as The Wag, Mud Club, Tramp, Four Aces, the Milk Bar.

Instead my brain has been left behind doing somersaults and drop-kicked over a Scooby Doo and the Mystery Machine-themed bouncy castle.

It was always going to be a challenge: a weekend of birthday parties, one on Saturday; the other on Sunday. Two separate joint fourth birthday parties. Both for boys. My sanity didn't stand a chance.

Where do children get their energy? Admittedly the jam sandwiches, cheesy footballs,

“The posse ignored his frenzied commands

Iced Gems, Skips and Mini Chocolate Rolls on offer at both events played a big role in the frenzied

atmosphere.

Once hyped-up on E-numbers, the pocket partygoers were like battling tops, crashing into anything or anyone stupid enough to get in their way. Hurricane Hank, Rocky Rocco, Dizzy Dan, Smarty Smitty - my head - sent spinning uncontrollably for the duration of the celebrations.

A Punch and Judy man provided part of the entertainment at one of the parties. I thought this would have a calming effect. Wrong.

For starters the entertainer was as jazzed up as the kids, shouting into a head mic, ordering the children to march behind him in a circle. After a couple of minutes (I was surprised it lasted that long) most of the boys were bored and opted to attack the bouncy castle.

A battle of wills ensued; the entertainer attempting to lure them back to his show; the breakaway posse of four-year-olds, ignoring his frenzied commands, simply bounce, bounce, bouncing.

And that's where my head is still at...

Working mum currently brainstorming mission statements alongside my colleagues with my brain having already stormed out. Bounce, bounce, bounce...

Food

MORE
REVIEWS
ONLINE
wharf.co.uk

LAUNCH

Wine school opens for L-plate palettes



Former M&S man Ian Bentley

HA wine expert has launched a school offering courses of up to eight weeks for those wanting to learn more about the drink.

The East London Wine School, based at the Chamberlain Hotel near the Tower of London, has been set up by former Marks and Spencer store manager Ian Bentley.

He said: "The courses will be very reasonably priced and offer an alternative to the pub as a great way to relax with a drink after a hard day at work."

Go to eastlondonwineschool.com.

GIVEAWAY

Wear green for free matcha porridge

H Giraffe is selling the "superfood for 2012" at its Blackheath outlet for most of this month.

A serving of matcha, made from ground green tea leaves, is said to contain nine times the beta-carotene of spinach, 70 times the antioxidants of orange juice and is equivalent to drinking 15 cups of green tea.

It's sold with oats for £4.50 and in a fruit mix for £3.95.

Turn up on a Monday this month wearing something green to receive matcha porridge for free.

Go to giraffe.net.

TASTING

Enjoy the fruits of Spanish vines

H Wine expert Hugo Read and Plateau's assistant Sommelier Piedad Tenorio host an evening of Spanish wine tasting at the Canary Wharf restaurant on Monday.

Guests will taste five wines and be treated to a selection of canapés.

Tickets cost £20 and the event starts at 6.30pm.

Email jamesj@danddlondon.com for bookings.

How Henry's responded to its tough competitors

LOUISA EMERY

It used to be Bar 38, but the new boss has decided to go down a different route

Rob Virtue
@wharf.co.uk

Faced with an increasingly competitive Docklands bar scene and a dip in drinkers' expenditure Bar 38 decided a bold move was necessary.

The West India Quay venue, which opened in 2000, rebranded itself as Henry's Cafe Bar and launched a new dining menu in the autumn in a bid to boost its popularity.

And the change has proved a success with the new dishes such as confit duck and spatchcock chicken swelling food orders by 60 per cent, the best results seen at any of owner TCG's outlets.

The venue's general manager Dan Henry said: "Bar 38 was geared towards the Canary Wharf banker for them to come over and have a drink."

"As a Henry's we want to expand that to offer something for people who make this area their home. The idea was to follow in the footsteps of the brand's other establishments in Piccadilly and Covent Garden."

"They are massively popular in that area. It seemed the right step to bring it here. We're creating a nice dining experience."

Dan took over running of the bar earlier this year, five years after deciding his future was in the drinks industry. At 17 he joined the Navy and trained in meteorological and oceanographic ballistics information assessing factors that could affect the course of missiles and the safety of flights.

He decided to leave the high seas for



Former Navy man Dan Henry is keen to bring Wharfers closer to the armed forces through his work at Henry's

W Why bring in fresh branding?

"At Henry's we want to offer something for people who make this area their home. It seemed the right step to bring it here."

Dan Henry

a more social job and worked in a bar in Mayfair part-time while he served his notice with the forces.

He loved it so much he had stints at central London's Funky Buddha and Movida before taking up the position at the West India Quay venue.

He said he intended to use his experience at the Soho bars to bring glamour to the estate.

"We have a free event service where we take the client through the whole

offering with pre-orders and special menus," said Dan. "It's for people leaving parties or other celebrations. If they want a casino we can do that or if they want a snow white scenery we can do that too."

"We had a private Vegas night recently with croupiers, which covered both upstairs and down, we've had the FI Redbull team outside, Oktoberfest events, Halloween events and a red carpet event for an NHS team."

"No-one else really offers that level of service around here."

Dan is keen to celebrate his time in the Navy by raising money for Help For Heroes – TCG's chosen charity.

The group is aiming to raise £50,000 a month and Henry's is looking at running an armed forces obstacle course on West India Quay in February as part of that.

"My brother's spent the last 12 months out in Afghanistan so that life still affects my family and I understand fully how it affects people," said Dan, who served in Iraq on HMS Ocean. There is such a contrast between Canary Wharf and the armed forces, I think it would be good for both sides to see what goes on in the other's world."

Go to henryscafebar.co.uk

competition

WIN Deliverance takeaways for a year

LONDON'S biggest multi-cuisine delivery service, Deliverance has teamed up with *The Wharf* to offer one lucky reader free meals for a whole year – that's one £50 takeaway every month. A further five runners up will win a £50 Deliverance meal each.

The service is all about great food, cooked fresh, delivered fast to your door for the most delicious takeaway experience.

The global menu offers a fantastic range of tasty dishes, designed and cooked by top

international chefs. From juicy American burgers and grills, to mouth-watering Chinese, Italian, Japanese, sushi and salads, all Deliverance meals are cooked using fresh ingredients, prepared in the company's own kitchens.

Deliverance also offers vegetarian and healthy options and there is a choice of desserts, including its famous gooey chocolate brownie, plus wine and beer – everything you need for the perfect takeaway. For a chance to win, you'll need to



answer this question: What is Deliverance's bestselling meal?

a. Thai green chicken curry.
b. Cheeseburger with farmhouse cheddar.

c. Nasi Goreng.

Entrants must live within the Deliverance delivery zone. For help with the question go to deliverance.co.uk.

To enter go to wharf.co.uk and click on the competitions link. Include address and phone number. The closing date is January 19.

Living

SHOP spot



Shackleton Jacket, £200
Fat Face
Canada Place
fatface.com



Satin bow umbrella, £15
Topshop
Canada Place
topshop.com



Hunter Original Cranberry Wellies, £80
Topshop
Canada Place
topshop.com

There's still time (just) to make fitness a New Year resolution

FITNESS

You're supposed to start slowly so write off the first week as acclimatisation

Louisa Emery
@wharf.co.uk

Remember that New Year's resolution you set yourself while sinking a last glass of champers.

The one where you said 2012 would be the year you got in shape. Well, we are two weeks into the New Year and if you haven't got your act together, maybe you need a nudge in the right direction.

Reebok Canary Wharf's assistant fitness manager Tim Hart has some tips on putting in place a realistic training plan:

Start slowly and build up

The first aspect to focus on is general cardiovascular fitness. A good place to start is jogging or cycling done at a steady pace that raises the heart rate and perspiration levels. Carried out for 20 to 30 minutes – as many times a week as possible – this will start raising fitness levels within a month.

Set some tougher goals

Once a good base fitness has been attained, other goals such as fat loss and muscle building will be easier to achieve. Both these goals require intense training more easily adhered to if a fitness routine is already in place. Aim to start these following the first month of exercising.



Assistant fitness instructor Tim Hart suggests that a slow and steady start is the strongest foundation

Interval training is the optimal fat burning exercise. Done on any cardio machine, track or pavement, it involves sprinting as fast as possible for 30 seconds, then resting for another 30 seconds. It dramatically increases metabolism, heart rate and oxygen consumption, all of which results in a high calorie burn.

Try replacing one or two steady cardiovascular work-outs a week with some 20 minute fast-paced interval training.

Include a weight training regime
Focus on the major muscle groups of

the body such as the legs, back and chest.

Aim to lift as heavy a weight as possible for eight to 12 repetitions, with three sets in total. Once this has been followed, try advancing the workout by changing to harder exercises with different repetitions.

Once a basic competence has been achieved, seek advice from a fitness professional that can help with development.

Don't attempt to radically overhaul your diet overnight

Making big nutritional changes can

be difficult when simultaneously starting a new exercise routine. Focus on small changes at first.

Try adding more vegetables to each meal or swapping a guilty snack for a fruit option.

After a while start looking at the food itself and begin making small healthy adjustments.

Over time, try to incorporate as much natural food, whole grain carbohydrates and lean protein sources, and reduce the amount of processed and microwave meals.

Go to reebokclub.co.uk.

Q&A

I'd like to join a gym this New Year but I'm a bit funny about hygiene and germs. Is there anything in particular I should watch out for?

Yes – your OCD tendencies! In all seriousness, I would think the best gauge of a gym's hygiene is how it looks, feels and smells to you as you walk around it.

Once you're happy with it, you can always be the master of your own germ-free destiny by taking antibacterial wipes and flip-flops with you to make the machines and pool area as safe as possible.



FITNESS WITH LAURA WILLIAMS

Get the look: Stuart Broad

England cricketer Stuart Broad is hoping for a less troublesome 2012 as he and his team look forward to taking on Pakistan in the Test Series.

One of the more surprising revelations from Stuart Broad's newspaper column last week was the fact that he's just been on a six-week, meal delivery diet in preparation for the team's trip to Dubai and Sri Lanka.

Broad felt it necessary to provide himself with a challenge last October while his team mates headed to India, so he decided to train hard and eat well.

He said: "I never felt hungry but after six weeks of sensible meals and only drinking water or tea, it took its toll on me.

"I don't know how these Olympic athletes do it – I still enjoy having a beer and stuff. It was nice to try to challenge myself in a different way but I can't tell you how much I enjoyed that first chocolate bar."

We can all relate to this can't we? This is a great example of how a few weeks of healthy eating and drinking can mean reaping tremendous rewards after a relatively short space of time.

Diet is an overused word that gets a bad rap. Regimes that involve the elimination of major food groups and/or vital nutrients are to be avoided like the plague, but an abstemious January and February is to be applauded.

While most of us can't stretch to a

food delivery service in the current climate, you can certainly embrace the basic menu principles which tend to be more or less the same for most of the good food delivery companies.

"Good" carbs such as wild rice, wholewheat noodles and sweet potatoes tend to feature heavily on the menu, as does good quality protein such as chicken, lean beef and salmon. Snacks usually consist of something indulgent-but-tasty like a fresh fig with a little yoghurt and honey.

So, you see, you really can live virtuously-but-well for a month or so in order to put the spring back in your step (and your belt a notch tighter) for the New Year.



GETTY



TWO FOR ONE

— **AND ONE FOR ALL** —

**BUY ONE MAIN COURSE
AND RECEIVE ANOTHER
WITH OUR COMPLIMENTS**

SHARING IS CARING, BUT IF YOU WANT TO ENJOY BOTH TO YOURSELF WE WON'T TELL A SOUL

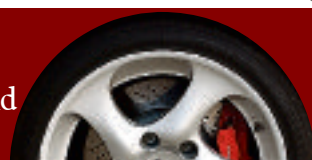
This is a January food offer available all month

MONDAY - WEDNESDAY
FROM 12NOON - 3PM

THE CAT & CANARY, 25-27 FISHERMAN'S WALK, CANARY WHARF, LONDON E14 4DH
TEL 0207 512 9187. EMAIL CATANDCANARY@FULLERS.CO.UK

the Road

With one eye on the speedo and the other on the open road



ROAD TEST

Looking good inside and out

Maxine Ashford
The Wharf

With its broad, low, ready-to-pounce stance and performance that will blow you away, the Audi R8 Coupe is the car for any motoring enthusiast with an unquenchable thirst for speed and excitement.

Admittedly, you will need £107,000 at your disposal, but with that issue out of the way, the drop dead gorgeous R8 can be yours.

With a string of Le Mans successes plus numerous design and performance awards under its bonnet, the R8 Coupe looks fantastic from every angle.

There are twin oval exhaust tailpipes on the left and right, 19-inch, 10-spoke alloys, flared vertical air vents and then on closer expectation, the 10-cylinder engine can be admired in all its glory through the large rear window.

And once you take your seat behind the three-spoke, flat-bottomed, leather,



multi-function sports wheel you are surrounded by quality, craftsmanship and wizardry.

Audi believes the most distinctive aspect is the so-called monoposto – a large arc encompassing the steering wheel and cockpit that continues throughout the design.

But it's once you touch those stainless steel pedals and fire up the 5.2-litre, petrol-powered engine that the vehicle really comes to life.

Neighbours will be twitching at the curtains to see what on earth is going on outside as the engine readies for the off and then with the slightest



Audi's R8 Coupe has been attracting awards – and admiring glances

FACTFILE

Audi R8 Coupe 5.2 FSI V10 Quattro

- Price: £107,445
- Mechanical: 525ps, 5,204cc, 10cyl petrol engine driving four wheels via 6-speed manual gearbox
- Max speed: 197mph
- 0-62mph: 3.9 seconds
- Combined mpg: 19
- CO2 emissions: 346g/km

pressure on the accelerator, you will be gone. This model was fitted with a six-speed manual transmission with the gear lever sitting in a chunky chrome surround housing.

Acceleration from a standing start is fast reaching 62mph in just 3.9 seconds and the maximum speed is just shy of 200mph at 197mph.

But there is no point having that sort of power if the vehicle cannot handle the job in hand. And, believe me, the R8 V10 drives like a dream.

It corners at speed for fun and the acceleration is rapid, very rapid.

Braking is exceptionally impressive, although you won't get many miles per gallon (19 on average). This is not exactly the vehicle for penny-pinchers.

Our verdict

A car that delivers awesome power and performance

★★★★☆

DEFY CONVENTION



0% VAT.*
0% APR~

REPRESENTATIVE

OVER 4 YEARS WITH UP TO 50% DEPOSIT†.

It's a great offer however you look at it.



MAZDA2 SPORT
WITH A VAT SAVING
OF UP TO £2,456.

MAZDA3 SPORT
WITH A VAT SAVING
OF UP TO £3,451.

MAZDA6 TS
WITH A VAT SAVING
OF UP TO £3,607.

Romford Mazda

299 - 307 Collier Row Lane, Romford, Essex, RM5 3ND. 01708 735735.
www.romfordmazda.co.uk

The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 21.4 (13.2) - 56.5 (5.0), Extra Urban 37.7 (7.5) - 76.3 (3.7), Combined 29.4 (9.6) - 67.3 (4.2). CO₂ emissions (g/km) 224 - 110.

Retail sales only on selected Mazda stock across the range, subject to availability at participating dealers only on Mazda2 and Mazda3 vehicles registered between 1 December 2011 and 29 February 2012. Mazda6 sales are excluded. † 0% VAT saving is the equivalent to 20% VAT applied to original base price and includes dealer contribution. The 0% VAT saving excludes road tax, first registration fee, dealer fitted and factory fitted options, VAT at the current rate of 20% still applies to the discounted price. 0% APR available on Mazda Conditional Sale with minimum deposit required: Mazda2: 50%, Mazda3 and Mazda6: 30%. Finance subject to status. Terms and conditions apply. A2, 1.6 5dr Sport, OTS price £17,955. VAT saving £2,895. Mazda6 2.2 5dr TS, VAT saving £3,607.50. Models shown feature optional mica paint (£460). Mazda3 model shown features pearllescent paint. *Test drives subject to applicant status and availability. Details correct at time of print.

Images



1



1

Soldiers of the Korean People's Army pledge their allegiance to the leadership of Kim Jong-un

REUTERS
KCNA
NORTH KOREA

2

Alexandra Dulgheru of Romania hits a return during the Sydney International tennis tournament

REUTERS
Daniel Munoz
AUSTRALIA



2

3

A full moon rises behind the Empire State Building and the Chrysler Building over the skyline of Manhattan in New York

REUTERS
Gary Hershorn
UNITED STATES



3

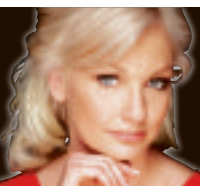
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Your confidence is given a boost by the actions of someone close. A birth or pregnancy may surprise you, but it will be a happy addition to your circle.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Paperwork and legal links can help make your life a more financially rewarding one. Don't believe gossip. Certain signs are talking just for the sake of it.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

A lack of confidence last month took its toll on your life but you've learnt from the experience, which is why you'll appreciate what Venus has in store for you.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Forced changes turn out to be a blessing in disguise this week. Events on Friday are your first step towards showing people what you're really made of.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

This is a really good time to make peace with close ones you haven't been seeing eye to eye with lately. Tests and exams should also go well at this time.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

It's clear from your stars that you're tired, Cancer. This would be a good week to think which responsibilities you can offload. News of exciting travel looms.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Gossiping could mean you end up as a scapegoat. New flirtations make for an interesting week but make sure you are not jumping in at the deep end.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

This week you start to see the light at the end of the tunnel. News you get midweek is proof that you never have to go back to the way things were.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

A more artistic influence on your chart should see you try your hand at new things. Venus brings a new admirer but check how free they are before you leap.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Your ruling planet Mars is pushing you to believe the worst in everyone. Don't accuse close ones of doing things which they may not be guilty of.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

This is a testing time for the relationships in your life – make sure confrontations are constructive at this time. You will excel at work on Thursday and Friday.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

You're far easier to influence than usual this week, Capricorn, and you need to be careful who you socialise with. You don't want to be led astray.

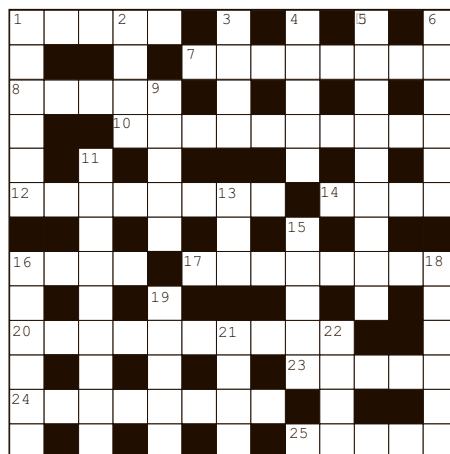
Face in the crowd



Are you this week's Face In The Crowd? Each week we send our snapper out onto the estate to capture a face who wins a meal at Curve restaurant at the Marriott West India Quay. If you are this week's Face, phone 020 7510 6055 for instructions on how to claim your prize



Crossword



ACROSS

1. To sidestep (5)
7. Evident (8)
8. Cheroot, say (5)
10. Early bicycle (10)
12. Feeling of great elation (8)
14. Extremely (4)
16. Principal (4)
17. Military formation (8)
20. Nominal leader (10)
23. Light beer (5)
24. Remote (8)
25. Raising agent (5)

DOWN

1. Reach a decision (6)
2. Snatch (4)
3. Fencing sword (4)
4. Turning tool (5)
5. Apiarist (9)
6. Strongly built (6)
9. Automaton (5)
11. Antelope (9)
13. Water frozen solid (3)
15. Essential (5)
16. Small domed cake (6)
18. Tower (6)
19. Fracture (5)
21. Gardening implements (4)
22. Panto character (4)

ACROSS: 1. Decide; 2. Dodge; 3. Apparent; 4. Lathe; 5. Beekeeper; 6. Cigar; 7. Evident; 8. Cheroot; 9. Robot; 10. Bonaheaker; 11. Very; 12. Springbok; 13. Ice; 14. Elation; 15. Principal; 16. Principal; 17. Regiment; 18. Turret; 19. Lager; 20. Nominal; 21. Remote; 22. Dame; 23. Light; 24. Remote; 25. Yeast.

Sudoku

EASY

		4			5	7		
	9		7	8			1	
7		5	2			8		9
5				7		9	8	
	4		3		8		6	
	3	7		6				4
6		8			2	4		1
	1			4	7		5	
		2	1			3		

HARD

			5				7		
			7	4		2	1		
1				9					8
	7	6	8		1	4	2		
	3	2	5		6	8	1		
6				5					7
			3	6		9	5		
		9				3			

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

Contact our psychics to get a FREE personal CD of your reading

Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

ATHLETICS

Farah aims to recreate 2011 preparations

Simon.Hayes
@wharf.co.uk

WORLD and European 5,000m champion Mo Farah will replicate his preparations for 2011 as he builds up his bid for Olympic glory later this year.

The Newham & Essex Beagles athlete, who is now based in the United States, will start his 2012 build-up at the Aviva Grand Prix events in Glasgow on January 28 and Birmingham on February 18.

Last February Farah smashed the British and European indoor 5,000m records with a run of 13:10.60, setting him up for a stellar year. Farah, 28, wants a repeat to set up a similarly successful 2012.

He said: "The field at Birmingham will be world class, it always is, and it's exactly what I need in an Olympic year."

"I don't want to go to a meet and know that it will be an easy run. I want to be racing against the best and being pushed to run faster – that allows me to work on my race strategy, to keep my head right during the race and to finish up with a positive result."



Mo Farah

Addicks take FA Cup defeat in their stride

CHARLTON

Focus now returns to the league with two tough games to come

Rob.Virtue
@wharf.co.uk

While Charlton fans are eagerly awaiting a top of the table clash on Saturday manager Chris Powell is keen to play down its importance.

The Addicks boss said the match at Sheffield Wednesday this weekend, as well as the visit from other high-flyers Sheffield United the week after, wouldn't "make or break" his side's season.

Speaking after Charlton dropped out of the FA Cup with a 4-0 defeat to Fulham last week, Powell said: "The bigger picture for us is the league and our focus now is on Sheffield Wednesday."

"But after those two games there are still 20 to go and that's 60 points. It doesn't make or break our season but if we get positive results it will reinforce what we are trying to do."

"Really it's about next week and once



Johnnie Jackson of Charlton Athletic tries to tackle Brede Hangeland

that's done regardless of the score we move to Sheffield United at home.

"Today won't really harm our confidence because we knew we were up against it. We move on, get prepared, get recovered and get ready for the rest of the league campaign. But I see it as just another game in our season."

Wednesday are the only other team in League One apart from Charlton not to have been beaten at their own ground this season.

"It's just up to us to implement our

game plan, play our football and be disciplined," said Powell.

"It's a game I'm looking forward to because you want to pit yourself against teams in and around you."

"We've got good results against those teams so far and we want to keep that going."

Addicks midfielder Bradley Pritchard said: "We wanted a nice cup run but if it didn't happen so be it. Our priority is the league and this won't hinder us. We're a motivated bunch."

Volleyball

Docklands ease into next round

LONDON Docklands Volleyball started 2012 with a 3-0 win over Sussex Dolphins in the second round of the National Shield.

In their first game in the competition since 2000, when they reached the semi-final, Docklands ran out convincing winners, despite playing a scratch team in the fixture.

This Saturday Docklands host table toppers Newcastle Staffs.



Jordan Iovtchev of Bulgaria in action during the Men's Gymnastics Olympic Qualification round at The O2, known as the North Greenwich Arena for the Olympic Games.

Rugby

Struggle continues for East London

EAST London RFC lost 22-7 at home to South Woodham Ferrers.

The West Ham club stay second bottom of London Three North East but can make up ground when they host fellow strugglers Upminster this Saturday.

THE FANS' ROAR

By Ian Toal



No respite from drought

So much for the FA Cup providing a welcome distraction from our poor league form.

A 0-0 draw against League Two strugglers Dagenham and Redbridge didn't provide the team with the boost we were hoping the theoretically easy tie would give.

We just can't get a goal for love nor money. We started the game brightly and had plenty of possession but by the end of the game Dagenham looked more likely winners. What makes it an even worse result was Dagenham were missing eight first team players.

Loan signing Harry Kane partnered John Marquis up front but they got little joy out of the opposition. They weren't the only players to struggle as the three different Lions wingers used during the game rarely got the better of the opposition full-backs.

With not much supply, it is little wonder we are struggling to find the back of the net.

At least we get to fight another day and now we replay at The Den on January 17. We will have more chance of getting through to a fourth round home tie against Southampton but we remember losing at home to Woking in a replay in the not-too-distant past so we won't be counting our chickens.

“The only positive was appearance of Shaun Batt

If I had to pick a positive out of the game it was the seven-minute substitute appearance of injury-plagued striker Shaun Batt.

He got injured in the pre-season match against AFC Wimbledon before the 2010/11 season and has had 18 months of injury hell since, picking up several injuries every time he resumed training.

Batt got a great ovation

from the Millwall supporters on Saturday and that will give him a boost in his quest to gain match fitness and play some part in the crucial last four months of the season.

Southampton is a decent draw and will be a tough game, but we have to hope they will have their eye on promotion to the Premier League and might rest the odd player.

We play Birmingham City at home this Saturday. They gave us a pasting in September when a Chris Woods hat-trick saw us lose 3-0. Every game is important to us now and we must start to pick up some wins no matter how tough the game is.

One player who won't play a part for the remainder of the season is out-of-favour defender Darren Purse who joined Plymouth Argyle permanently last week. It was good to have Millwall supporter Purse at the club even just for the short time he was at The Den. We wish him well with The Pilgrims.

BURLESQUE CITY
Formerly Known As VENUS

Open Mon - Sat
From 8 pm

NOW OPEN

Free Admission With This Ad

London's premier fully nude table dancing venue
29 Farringdon Road, London EC1M 3JB
Tel : 020 7242 1571 www.cityburlesque.co.uk

Sport

Wharf



PERSONAL FITNESS

It's not too late to start a New Year regime **P36**

SAILING

Olympics comes first but UK's premier sailor has America's Cup ambitions too

Simon.Hayes
@wharf.co.uk

Britain's most successful Olympic sailor has set his sights on post-2012 success with the launch of his own racing team.

Ben Ainslie will try to win the America's Cup next year as part of the Oracle Racing team and he's launched Ben Ainslie Racing to take part in the America's Cup World Series, which starts in late August.

That's just days after the Olympic regatta, but Ainslie, 34, said his new venture would not distract him from trying to win a fourth Olympic gold medal in Weymouth.

He said: "The focus is 100 per cent on the Olympics and I won't do anything that gets in the way of that preparation. It'll be August when BAR and Oracle Racing will kick in."

"There's a lot to do on the physical side for the Olympics and there's the



Ben Ainslie says he won't do anything that gets in the way of preparation for Weymouth

Ainslie keeps eye on new horizons

"We do spur each other on. Success breeds success. You see your teammates being successful, winning events and medals, and you want to be a part of that."

"It's something we've developed over the last 10 or 15 years that I've been involved. On the sailing side and the management side we're a very strong team but we still have to go out and perform on the day."

Ainslie's ambition is to one day skipper his team in a full America's Cup challenge but initially it's about attracting sponsors.

He said: "It's really exciting. It's a great challenge to build up the BAR team during the America's Cup World Series and then with the right



partners be a successful challenger for the America's Cup itself.

"It's a fantastic opportunity for a company or corporation to come in and test the waters of the America's Cup for a relatively inexpensive amount and then build that into a full-on involvement with the cup."

Ainslie said BAR didn't mean the end of his Olympic story.

"Of course I'd hope to be around for 2016," he said. "If you ever get the chance to race the Olympics you've got to take it because it doesn't come around that often."

"It depends what happens with the boats and BAR and how things go this summer. It's difficult to make that call right now."

FOOTBALL

West Ham still struggle to end goal dilemma

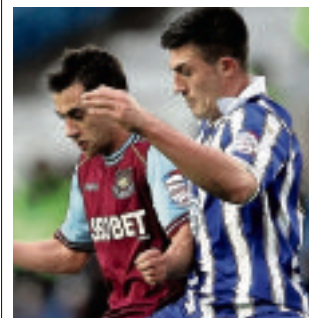
Simon.Hayes
@wharf.co.uk

WEST Ham tumbled out of the FA Cup at the third round stage for the first time in 12 years.

The Irons went down 1-0 at League One Sheffield Wednesday thanks to Chris O'Grady's late goal last Sunday. But with promotion from the Championship the priority for Sam Allardyce this season, avoiding a lengthy cup run could help.

Wayward finishing ultimately cost the Hammers at Hillsborough, with Sam Baldock's penalty miss summing up recent problems in front of goal. Allardyce is determined to bring in a forward during the transfer window, with Huddersfield's Jordan Rhodes in his sights.

Allardyce said: "We look at the squad and say 'are we going to take enough chances with the squad that we've got?' and the answer over the last five or six games is 'no'."



Sam Baldock of West Ham takes on Sheffield's Danny Bath

"We've already made offers for six or seven players that have been unsuccessful, but we'll carry on trying. But I will only buy a player that can make us better."

Baldock, who has just returned from injury, said he was determined to fire the Irons to promotion, starting with this Saturday's trip to Portsmouth.

He said: "We've got a few players to come back who we missed on Sunday so I look forward to seeing them. We've got a stronger squad to choose from than we've had in recent weeks."

West Ham's Championship game with Millwall on February 4, a 12.30pm kick-off, will be all-ticket with no cash turnstile sales on the day. Visiting supporters will exclusively occupy the Sir Trevor Brooking Stand with only the upper tier open.

That means a reduced capacity at the Boleyn Ground, as police and the club look to avoid a repeat of the trouble that marred the Carling Cup tie between the sides two seasons ago.

What about World Championships?

"We didn't have a great World Championships. That's probably a good thing. It takes the pressure off and gives everyone a bit of a kick up the backside. We will do better in the Olympics."

development of the kit. I've got great training partners – it's important to get that right over the next six or seven months to be in the best possible position to do well."

Ainslie said Britain's relatively poor showing in last year's World Championships, with just one gold medal, would safeguard against complacency at the Olympics.

He said: "Britain is strong in sailing but for our level we didn't have a great World Championships. That's probably a good thing. It takes the pressure off and gives everyone a bit of a kick up the backside. We will do better in the Olympics."

Hoy prepares to step up for first pro bout

BOXING

BOXER Charlie Hoy will embark on his professional boxing career when he makes his flyweight debut at York Hall tomorrow (Friday).

The former Repton amateur, who trains under Jimmy and Mark Tibbs at Trad TKO Gym in Canning Town, takes on Newport's Darren Pryce on the undercard of Leon "Solid" Williams'



Trainer Mark Tibbs with Charlie Hoy

British Cruiserweight title defence against Shane McPhilbin.

Hoy, 20, had a stellar amateur record, losing just 10 of 68 fights, and winning three schoolboy ABAs, three Four Nations, three ABCs and reaching the finals of last year's Senior ABAs.

He said: "I'm really looking forward to it. I'm excited to be debuting at York Hall. I have two great trainers, so my preparations have been first class."

"I've had the best sparring I could possibly get – the best super flyweight in the country Michael Maguire, English flyweight champion Ashley Sexton and former British bantamweight champion Martin Power."

"All the hard work's been done in the gym so I'm just going to go out there and enjoy myself and hopefully get a good win."

For tickets go to tkoboxoffice.com.